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Book 28

Title: ^{Looking after} Helping you - self
16/10/2023

Bismillahirrahmanirrahman

Text / Mantra

1. You cannot help others sufficiently, until you help your self
2. One must sufficiently look after their health and wellbeing, before attempting to tackle other people's problems

wa Allahu A'lam

Alhamdulillah was salatu

wassalaam 'Alaa Rasulillah